



Q: What is a typical day in the training like?

You begin your day with a 2-2.5 hour asana practice, and as the program progresses you will also have a pranayama & meditation practice at the top of class. The asana practice will focus on a specific type of posture(s) (ex. inversions), and will let you experience how to sequence a class to effectively, and creatively prepare the body for your peak pose (ex. sirsasana, headstand). You will have a short break after practice. You will have a discussion about the days practice focusing on the sequencing method. You will then have a lecture/discussion class about the Yoga Sutras of Patanjali, of the history of Yoga until your lunch break. After lunch (typically a 30minute break), you will look at the anatomy components important to the type of posture(s) you practiced in the morning (ex. looking at the shoulder girdle and spine for inversions). You will then discuss the Asana Points for inversions detailing the benefits and contraindications of the postures, as well as the specific alignment details. You will have a posture lab, which is looking at different students bodies in the posture (ex. sirsansna) to practice your assessment skills. You will also learn all of the hands-on adjustments for those postures (ex. inversions) studies in the morning, and do a little practice teaching.

This is an example schedule that *will vary* depending on the needs of the training group, the training schedule, the studio availability and material to be covered.

Q: How advanced in my yoga practice do I need to be to do this training?

A: The YogaWorks Teacher Training programs include a vigorous two-hour asana practice. We strongly recommend that applicants have one year of consistent asana practice (i.e. three days a week), and be practicing in a level 2, or higher class consistently.

If you are new to yoga, this would not be an appropriate program to participate in. You will not benefit from learning yoga basics while simultaneously learning how to teach.

That being said, if you have a regular yoga practice, you may be more ready than you think. We are looking for our trainees with a solid foundation in the basic and fundamental yoga postures. To be accepted into our training programs, you will need to get a signature of approval from an approved teacher, or a letter of recommendation from your regular teacher. This teacher will observe your practice and watch to see that you understand the basics and have the ability to hear and respond to instructions.

An advanced practitioner is not a person who can move deep into advanced postures. An advanced practitioner is someone who comes to the mat with a level of maturity, a willingness to learn and an understanding of the limits of their own body. *Keep in mind this program is not only for aspiring teachers, but people who want to deepen their practice.*

Q: How many students are in the training? What is the typical age-range of students in the training?

A: We typically have 15-20 individuals in our trainings. Students generally range in age from 20-65 years of age.

Q: If I am applying from abroad, do I need a letter of recommendation? Do you help secure visas and housing?

You will still need to supply a letter of recommendation to complete your application. Unfortunately, we can not secure you a student visa, or housing, but we are more than happy to provide you with housing resources (ex. Craigslist, etc.).

Q: What if I miss class?

A: To obtain a diploma and letter of completion you must attend **100%** of the classes to comply with Yoga Alliance requirements. However, we understand that you may not be able to foresee every conflict, so we have devised the following procedures if you must miss a class. We also understand that you may need to leave class early, and this will be handled on a case-by-case basis.

Conflict Policy: Intensive Format

To get the most out of your Teacher Training Program, it is critically important that you attend the first four days of the Intensive Program.

If you miss 1-2 days: You may still complete the program with your class provided that you schedule a private session (or group session) with an Assistant Trainer at some point during the four weeks of the program. A two-hour private session equates to one day in the intensive. The cost of a private session is \$100 per hour. Please contact the Assistant Trainer to schedule the make-up session. The maximum number of private make-up sessions is two.

If you miss 3-4 days: You will not be able to complete the program with your class, and you will need to make up the classes in a subsequent training. You may choose to make up the first two days you miss with a private session during your training, but the additional days you will need to take in a subsequent training.

If you miss 5+ days: You will need to retake the program, at a discounted price, subject to space availability.

For all trainings: You may make-up your missed class in the subsequent training at no charge, subject to space. You may make-up your missed days in any YW training

across the world (S.F., L.A., NYC, Oslo, Seattle, etc.) that is the same format (4-week intensives).

Q: What are the differences between the various program formats (i.e. Intensives versus Extendeds, etc.)?

A: In an attempt to meet the scheduling needs of more of our students, we have created three different formats. The "4-week Intensive" is scheduled Monday-Friday for eight hours a day (typically 8:00 am-5:00 pm) over the span of 4 weeks. The "Extended" format which meets once a month for three to four days in a row over a period of approximately 6 or 7 months.

The same "core" content is covered in all of our 200-Hour Programs regardless of scheduled format, however, there are slight variances in our specialty discussions (Philosophy, Anatomy, Pregnancy, Ayurveda, etc.) to accommodate the schedules of our guest experts. It is important to note that all of our 200-Hour formats meet the required Yoga Alliance standards as specified on their website, www.yogaalliance.org.

Q: What is Yoga Alliance?

A: Yoga Alliance is an organization that was started in 1999 as a way to create nationally recognized standards for yoga teachers and yoga teacher trainings. More and more yoga studios across the country are *requiring* their teachers to register with the Yoga Alliance, either at the 200 or 500 hour level. Yoga Alliance registration, however, is not a legal requirement for teaching yoga. Currently there are no legal certification requirements to be a yoga teacher.

Q: How much time should I expect to spend on homework?

A: Expect to spend between 4-8 hours per week on written, and reading assignments. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching. If you are not planning on teaching after this course, you may choose not to complete all of the homework assignments and take the course for non-credit. However, **if you wish to receive your *Diploma* and *Letter of Completion* for the course, you must attend all the sessions and complete all the homework assignments** per Yoga Alliance.

Q: Are some teacher trainers better than others? Honestly.

A: Honestly, we highly recommend ALL of our teacher trainers. YogaWorks teacher trainers are some of the most experienced teachers at YogaWorks. They have also gone through a training themselves to become eligible to teach aspiring teachers. The line up we have for the 2008 season is among our best instructors currently at YogaWorks with each

combination or trainers thought out specifically to complement one another and the material. We are also thrilled to introduce local YogaWorks trainers through out the world. These trainers have gone through a training process, and assisted previous 200hour trainings so become ready to co-led, and led trainings.

Q: Do you offer scholarships or work-exchange programs?

We offer a partial scholarship each training to a prospective student with exceptional circumstances. For a partial scholarship, YogaWorks offers up to 50% discount off the full tuition in exchange for 100 hours of a work-exchange position. Positions range from being an In-Training Assistant (ITA) to marketing and retail assistance.

To apply for a scholarship, please contact the teacher training department for an application. Applications are due EIGHT weeks before the training begins.

Q: Will I be qualified to teach yoga once I complete the 200-Hour Teacher Training Program?

A: The decision to teach is a personal one. Some students graduate from the 200 hour training and begin teaching professionally immediately, whilst others take sometime to fully integrate the material before they begin teaching. You will have learned all the foundational tools to begin teaching, but when to begin is up to you.

Upon successful completion of all the requirements of the program, including contact hours, homework, and exam, you will receive your *Letter of Completion* and *Diploma* evidencing your training at the 200-Hour Level. You may also register with the Yoga Alliance (www.yogaalliance.org) at the RYT-200 level (Registered Yoga Teacher 200).

Graduates of the 200-hour program usually begin teaching in small studios, gyms, with private clientele (friends and family), etc. and sub at larger studios.

Q: What is the difference between the 200-hour and 300-hour trainings?

A: The 200 hour training is a foundational training. Think of it like a B.A. After completing this training, you will register with Yoga Alliance as a RYT-200. The 300 hour training is an advanced training. Think of it like an M.B.A. *You must complete a Yoga Alliance registered 200 hour training before applying to the 300 hour training.* After graduating from the 300 hour training you will register with Yoga Alliance as RYT-500.